

**Child and Adult Care Food Program  
Meal Pattern for Children**

	<b>Children 1 and 2 years</b>	<b>Children 3 through 5 years</b>	<b>Children 6 through 12 years</b>
<b>Breakfast</b>			
Milk, fluid	½ cup	¾ cup	1 cup
Juice, fruit or vegetable	¼ cup	½ cup	½ cup
Grains/breads:			
Bread; whole-grain, bran, germ or enriched	½ slice	½ slice	1 slice
Cereal: cold, dry	¼ cup (1)	1/3 cup (2)	¾ cup (3)
or hot, cooked	¼ cup	¼ cup	½ cup
<b>Supplement (snack) (select 2 components)</b>			
Milk, fluid	½ cup	½ cup	1 cup
Meat or meat alternate	½ ounce	½ ounce	1 ounce
Juice, fruit or vegetable	½ cup	½ cup	¾ cup
Grains/breads:			
Bread; whole-grain, bran, germ or enriched	½ slice	½ slice	1 slice
Cereal; cold dry	¼ cup (1)	1/3 cup (2)	¾ cup (3)
or hot, cooked	¼ cup	¼ cup	½ cup
<b>Lunch or supper</b>			
Milk, fluid	½ cup	¾ cup	1 cup
Meat or meat alternate			
Meat, poultry or fish, Cooked, (lean meat without bone)	1 ounce	1-1/2 ounces	2 ounces
Cheese	1 ounce	1-1/2 ounces	2 ounces
Egg	1	1	1
Cooked dry beans/peas	¼ cup	3/8 cup	½ cup
Peanut butter or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons
Nuts and/or seeds	½ ounce = 50% (5)	¾ ounce = 50% (5)	1 ounce = 50% (5)
Yogurt	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup
Vegetable and/or fruit (2 or more)	¼ cup total	½ cup total	¾ cup total
Grains/breads: whole-grain, bran, germ or enriched	½ slice	½ slice	1 slice

- 1 – ¼ cup (volume) or 1/3 ounce (weight), whichever is less.
- 2 – 1/3 cup (volume) or ½ ounce (weight), whichever is less.
- 3 – ¾ cup (volume) or 1 ounce (weight), whichever is less.
- 4 – You may serve 4 ounces (weight) or ½ cup (volume) of plain or sweetened and flavored yogurt to fulfill the equivalent of 1 ounce of the meat/meat alternate component. For younger children, 2 ounces (weight) or ¼ cup (volume) may fulfill the equivalent of ½ of the meat/meat alternate requirement.
- 5 – This portion can meet only one-half of the total serving of the meat/meat alternate requirement for lunch or supper. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For determining combinations, 1 ounce of nuts or seeds is equal to one ounce of cooked lean, meat, poultry or fish.

